

Making Adjustments

Like any other journey you make, course correction and adjustments are required to arrive at your final destination. Your personal transformation may be challenging, and even frustrating at times. Making sure you know how to react to those challenges will be your key to success!

Let's lay down some ground rules. First, you should allow the program to run its course for about 7-14 days before making any significant adjustments. Changes in weight are often delayed due to water retention and food in the gut. Using all your metrics to track progress is important here.

If your clothes are fitting better, if you can feel or see a difference, or if the number on the scale is going down-- keep doing what you're doing!

On the other hand, if things seem to be going backwards, like clothes getting tighter or weight going up; it would be time to reexamine and adjust your nutrition and activity levels.

Make sure the weight gain can't be attributed to any screw ups or hormonal effects (e.g. slip ups, high stress, or menstrual cycle). If you can attribute this glitch to any factors outside of the program, make sure to fix it, get back on track and then re-check your progress after another 7-10 days.

Take note that as you lose weight, your metabolism will adapt. Your resting maintenance levels will go down, and adjustments will be required to keep up your progress.

How to Adjust

There are two ways we can adjust your program to spur further fat loss:

→ We can increase activity or remove calories.

We can only do so much of either, so examining where the balance lies is important.

If you are not seeing any progress after 7-14 days, the first adjustment we will make is to reduce your calorie balance by 10%. This means adding in a 30 minutes of walking or physical activity to your day, or eating a little bit less carbohydrates or fat.

The chart below outlines typical adjustments for an average sized male, for women or smaller individuals, you should account for smaller changes in fat loss.

<u>Average Weekly Fat Loss*</u>	<u>Performance Loss?</u>	<u>Adjustment</u>
Less than 1 lb/week		Reduce Calorie intake or increase calorie burn by 10%
1-1.5 lbs/week		No Change
2+ lbs/week	No	No Change
	Yes	Increase Calories by 10%

*Keep in mind this chart is looking at **fat loss**, not necessarily **weight loss**.

If your clothes are fitting looser, or your strength is going up, while your body weight is staying the same, this most likely means you are burning fat and simultaneously putting on muscle. If this is the case, **Don't change anything!** This is the holy grail of transformation! Allow yourself to get all the gains you can. Weight loss will resume if you keep following the program, however further adjustments may be necessary after performance stops increasing.

Periodizing Your Nutrition

It's important to realize how much of an impact significant weight loss & training can have on your metabolism and will affect how you feel. That's why it's important to take diet breaks or maintenance periods to allow your body to recover and settle in.

Generally, losing weight consistently for longer than 12 weeks without taking a break is not a good idea. Keep in mind taking a diet break simply means eating at maintenance levels- NOT going crazy and eating all you can or indulging at every meal. The leaner you are, the more frequently you want to take a diet break.

Pick a 4-12 week transformation goal and stick with it. After the end of your timeline, assess your progress and take a week or two to eat at maintenance levels to give your body a break. Then pick new goals, create your plan based on this guide and reroll your program!

Conclusion

Body transformation takes time and is a process. To get the best results, you will have to make adjustments based on the way your body is responding and adapting.

Remember, the 2 primary variables you can control are: **caloric intake and energy expenditure**. Make sure you are physically active throughout the day and eating high quality foods, this will go a very long way in helping you dial in your transformation.

This is a journey, and when it seems like you aren't making progress, all you have to do is step back, re-evaluate what you are doing, and make the small changes necessary to get back on track to achieve your goals!